

INCREMENTAL WEIGHT TRAINING SYSTEM, APPARATUS, AND METHODS

ABSTRACT

The invention provides an incremental weight system adapted for use
5 in weight training comprising a plurality of incremental weights ranging in weight
from about one quarter-ounce to about thirty two-ounces. Each incremental weight
includes a thin disk having a center opening adapted to receive a standard olympic
barbell and a slot adapted to receive a weight-bearing cable of a cable-type weight
training apparatus.

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